

Main Pool Schedule Winter/Spring 2012 (Subject To Change)

During busy times we ask that you be polite to other lap swimming members and share your lane appropriately following lap swim guidelines. Day & Short Groups DO NOT appear on this schedule.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00 AM		Lap Swim		Lap Swim		Lap Swim		
5:30 AM								
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM	Family Swim	Aqua Jog 8:30-9:15	Family Swim	Aqua Jog 8:30-9:15	Family Swim	Aqua Jog 8:30-9:15	Family Swim	
9:30 AM		Aquacise 9:15-10	HRDC Swim Lessons 9:30-10:30 am	Aquacise 9:15-10	HRDC Swim Lessons 9:30-10:30 am	Aquacise 9:15-10		Swim Lessons 9:00-11:00 am
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9:00 PM								
9:45 AM								

Family Swim has 4-6 lanes set up for Lap Swimming and 1-2 for open water activities. Be sure to follow lap swim guidelines.

Aquatic Exercise classes generally use 4 lanes of open space for class.

Swim Lessons will use up to 2 lanes at a time.

Lap Swim All Lanes Available.

Sea Otters Swim Team will use up to 5 lanes at any one time.

Groups using the pool swim in 2-3 lanes of open space.